



DESK PUPPY

Participants

Any number of participants.

Time Allotment

5 Minutes or less

Activity Level

Moderate

Materials

Desk or Chair

Stretch. Release. Refresh. Posture preparation.

Method

Step 1. Stand behind your desk or chair. Place the palms of your hands on the middle of the desk or chair.

Step 2. Take a step back and bend forward so that your head comes down between your arms.

Step 3. Check your alignment. Your arms and legs should be straight. Your back is flat with your hips pressing backward. Your heels are on the floor.

Step 4. Let your head hang and relax between your arms. Feel the stretch in your shoulders, arms, hamstrings, and calves. Breathe and release into the stretch a little more with each exhale. Ahh.

Step 5. When you are finished, step forward and slowly roll your spine back up to standing. Shake out your limbs as needed.

Variation(s)

- **Puppy Friends.** This is a partner version of Desk Puppy. Stand facing your partner and place your hands on each other's shoulders. Continue from step 2 above.